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LM-1235 English Composition I

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Grade 90

Great Topic - Sentence!

Child Obesity

Child obesity is a worrying and growing problem in our country produced by three main factors: clinical history, bad eating habits and lack of exercise. To begin with, clinical history might be one of the causes of child obesity. In order to burn calories and fat faster, our bodies rely on our metabolism. A slow metabolism is a strong factor to contribute to obesity, and it can be inherited. The second and most common reason nowadays is having bad eating habits. The consumption of high-calorie products, with high levels also of sugar and trans fat like junk food, which kids seem to adore, is extremely unhealthy because all that fat gets to be stored in the blood vessels. In addition to eating junk food, if parents do not make sure their kids are eating enough fruits, vegetables and good protein, like fish which is rich in omega 3 and chicken, their child most likely will start gaining weight. The most important thing in a child's nutrition is to avoid skipping meals. We are experiencing an accelerated life style, everything moves in fast forward nowadays, and sometimes we barely have time to sit down and have a proper meal. So usually we just acquire a snack in the mean time. This practice is called eating on the run, and is best friends with obesity. The worst part, is that since a very young age, children are starting to eat on the run, sometimes parents do not have time to prepare a nutritious breakfast or snacks so usually they are sent to school with

sp: rely

ww: that

wf: contributes

comma splice -> No, it's ok.

awk: like fish and chicken which are...

wf: have/eat/consume

wf: from

comma splice

empty stomachs and wallets full of money that usually end up buying junk food. The third and final reason is lack of exercise ~~or~~ also known as sedentarism. The main cause of sedentarism, might be the increase of technology as entertainment instead of physical activity. ²⁰ A couple of years ago, back in the 1990's, children still asked for bicycles and roller skates for Christmas or their birthdays, this promoted them to be constantly moving and physically active. Lately, with the growth of technology industries, kids are being seduced by this type of devices as a way of entertainment. Also, the increase of insecurity and safety in our streets is another reason for the lack of exercise in children.

A Long time ago, streets and parks were filled with children and teenagers, playing soccer, hide and seek, and many other out-door games, but since the levels of criminality have been raised, parents would rather see their children playing safely at home with a computer or tablet or any other mobile device, even if this sacrifices the benefits of physical activities. To summarize, parents, tutors, teachers and everyone who has been delegated the task of taking care of a child, should be concerned about this topic in particular, because it really threatens a kid's health and even his life, due to the massive number of diseases occasioned by obesity.

^{was caused}
Very complete.

I liked this.

Just be more careful with the consistency of grammar, punctuation & vocabulary.